

THE MONTGOMERY COUNTY CRISIS CENTER

CRISIS, INCOME, AND VICTIM SERVICES
THE DEPARTMENT OF HEALTH AND HUMAN SERVICES
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MANAGING STRESS REACTIONS

During a time of crisis, you may notice changes in your behavior.

Remember the following:

- Behavior change is a normal reaction to extreme stress.
- Behavior change is probably temporary.
- Don't let the changes frighten you.

A crisis may cause stress reactions in all areas of your life.

Below are some common reactions. You may experience some, all, or none of them. Everybody is different.

Physical - Appetite change, loss of sleep, tension, being accident prone

Emotional - Anxious, mood swings, nightmares, crying spells

Spiritual - Emptiness, loss of direction, doubt, apathy

Relational - Isolation, intolerance, lashing out, distrust, lowered sex drive

Some things you can do to make your self feel better.

- Create a daily routine so you feel more in control.
- Eat balanced meals so your body has the energy to deal with the stress.
- Take time to let your body relax and recover, even if it seems like there are endless things to do.
- Cry when you need to, rather than holding it in. It is probably best not to cry in front of your children as they need to feel safety and strength from you at this time.
- Let anger out by beating a pillow or doing a safe, exhausting physical activity.
- Try to walk if you have no other form of physical exercise.
- If you feel too angry, get away from your loved ones until you calm down.
- Talk about your concerns with friends and loved ones.
- Avoid people who are too negative and bring you down with their complaining or anger.
- Except when you need specific information, try not to dwell on the news. Read something that will take your mind off the problems at hand or listen to music if available.
- Remember that tempers are short. Try to take what people say with a grain of salt and not react too strongly.
- Forget all the harsh words you exchange with your loved ones during this time. It is the crisis, not the person speaking.